

SCHOOL'S OUT FOR EFRON

TEEN HEARTTHROB GROWS UP (page 14)

DINNER FOR **SCHMUCKS ROLE WAS NO-BRAINER** FOR RUDD (page 13)

PARODIED

NOTORIOUS GIBSON TAPES MOCKED ONLINE

GET THE DISH (page 21)



Weekend, July 23-25, 2010 www.metronews.ca







Folk Fest goes all weekend

Carl Johnson, lead singer for Library Voices, opened up this year's annual Folk Fest, going on this weekend at Prince's Island Park.

Affirmative action targeted

Federal Tories take aim at hiring practices (page 6)

New low on Toronto course

Stephen Ames top Canadian after Day 1 of Open {page 24}

Poll shows McIver in the lead

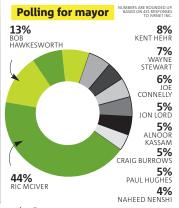
Of poll respondents, 21% were from NW, 16% from NE, 31% from SW and 32% from SE ◆ Calgarians vote in municipal election on Oct. 18

With nearly three months to go before Calgarians head to the municipal ballot box, early polls suggest a clear frontrunner for mayor — Ric McIver.

Metro Calgary was provided polling results from July 14, 15 and 20 from Calgary-based Ivrnet Inc., and it showed of the 431 people who responded to the question, "if the civic election were held tomorrow, which of the following 10 candidates would you likely vote for mayor," 44 per cent put their vote behind McIver.

Current Ward 4 Ald. Bob Hawkesworth came in second at 13 per cent and MLA Kent Hehr next at eight per cent. Judging from the top three names on the list (current and active political figures) Mount Royal political science prof Keith Brownsey said the tally indicates one thing right now — name recognition — and it's not time to throw in the towel.

"Even with Ric McIver so far ahead, I think the race is still wide open," said Brownsey. "But he has certain advantages to being the front runner, and certain set of problems he faces being the front runner ... he'll certainly be under much more



scrutiny."

Brownsey said those at the bottom of the list might have a tougher time attracting financial backing and volunteers, and some may consider whether a mayoral run is worth the effort, money and time.

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Grandpa loses \$7,000 in scam

A scam artist played on the heartstrings of a local grandfather - and got away with nearly \$7,000.

It's a scam Calgary police have been warning citizens about since early this year. And 87-year-old Henry Sawatzky became victim to the "grandparent scam" three weeks ago.

One afternoon, Sawatzky's wife answered a phone call and heard, "Hi Grandma, how are you?" She replied, "Paul?

How are you?"
"Paul" went on to describe to both grandparents that he had "a problem." He had gone to Montreal, rented a car, had some drinks, got into a fender bender, and was fined \$4,100.

"I'm pressed for time. This is the last time you can talk to me," Sawatzky said, recalling "Paul's" words. "Go to your bank, get money in cash, and go to the nearest Western

Union," Sawatzky was later contacted by a so-called lawyer, "Mark Ruck," to confirm the transaction.

The next day, "Ruck" pleaded for an extra \$2,800 — this time to help one of the injured passen-

Although suspicious of a scam, Sawatzky sent the money. Upon reflection, Sawatzky said he was convinced he was helping his grandson.







News on the move

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On the web at metronews.ca



Defence Minister Peter MacKay on how Canada will wind down the mission in Video at metronews.ca/





Bugged resident sounds pest alarm

Bedbugs can travel up to three-quarters of a mile in a cement building: Exterminator



Bedbugs have become a real pest for one Calgarian who said she's fighting to get rid of them.

Kelsey LaCroix, a resident of Dover Glen Estates who spoke exclusively to Metro, said she first noticed the bumps on her skin in March and originally thought they were stress hives.

boyfriend, one morning, he flipped over the blanket and he saw a blood smear and then he found (a bedbug) right on the bed," said LaCroix.

After contacting building management, Mainstreet Equity, LaCroix said apartment sprayed, but the bedbugs were not completely gone. LaCroix bought her own

Going buggy

Bedbugs can live up to 18 months without feeding, according to exterminator Rosemary Gartly from Progressive Maintenance.

- Carbon Gartly said bedbugs seek carbon, which means when humans exhale, bedbugs come looking
- Bedbugs biting 75 per cent of the population doesn't show signs of being bitten on first contact, she said.
- Females laying bedbug eggs Gartly said an adult female bedbug can lay up to 500 eggs in her lifetime.

bedbug product and put up posters around the building warning other

"I need everyone to know," she said.



Shoulder procedure a success

Doctors in Banff have completed the first documented transplant of living cartilage into a shoulder in a two-hour procedure in March, following 20 years of Alberta-based research.

Jim Chebib was the recipient of the cartilage, he said it restored full movement to his shoulder which dislocated eight times in five years due to

Because it has no nerve

30The number of days the cells can be kept alive with the new technology.

endings or blood supply, it cannot heal on its own if damaged.

"It sounded like a good solution and, really, I was happy to have the surgery so I could play soccer healthy again.

PETER MCCARTNEY

McCaig team

A team of researchers at the McCaig Institute for Bone and Joint Health has been working on the technology for two decades.

Medium They discovered a medium that keeps cartilage cells alive until the transplant. To date, there have been limited treatment options.

News in brief

CTV anchor calls it quits

RESIGNATION. Longtime CTV Calgary evening news anchor Barb Higgins resigned after last night's 6 p.m. newscast. Higgins, who has been widely rumoured to be considering a mayoral run this fall, has been delivering Calgary news

since 1989. A replacement for Higgins will be named at a later date, according to the station.

METRO CALGARY

School's in despite fire

OPEN. Dr. Gladys McKelvie Egbert School will open on time for next year school year, despite the \$1 million in damage caused Tuesday by fire.

Marda Gras puts spotlight on green



Purple, gold and green are the colours of Mardi Gras, however one colour in particular may stand out at Marda Gras Street Festival's Eco Alley.

For the second consecutive year, the Aug. 8 festival is incorporating green initiatives into their event

"I think that we have a responsibility to really educate our audiences on how they can be living a more sustainable life," said Bernadette Geronazzo, who's serving as executive director of the Marda Loop business revitalization zone.

After opening up her eco-friendly clothing store Edamame Kids just over a month ago in Marda Loop, Amanda Barker

Eco Alley

- Marda Loop has a community recycling program for batteries as well as toner and ink cartridges.
- So far, there are around 10 businesses and organization that will be set up on Eco Alley.
- The 26th annual Marda Gras Street Festival takes place on August 8 and is free to the public.

said she is thrilled to be apart of Eco Alley.

"We just figured being in the Eco Alley would be a great place for us just because we also share some of the same views," she said.

Along with local businesses, Eco Alley will be home to organizations like the City of Calgary and Green Calgary.

BODY WORLDS

Seeking fine specimens

Calling all fitness-focused Calgarians, Body Worlds and World Health want to find Calgary's fittest individuals to be crowned Mr. and Mrs. Anatomy.

Whether you're a ripped body builder or a toned yoga enthusiast, fitness buffs of all types are being asked to send pictures to bodyworlds@worldhealth.ca by July 28, so a panel of experts can choose five men and five women to

compete for the title. Contenders will com-

Contenders Will compete over the lunch hour downtown at Stephen Avenue Mall on the 29th. The winners will be paid to make public appearances (\$250 a pop!) where they'll be body painted to look like a Body Worlds specimen, and will receive a year gym membership at World Health and a VIP package for Body Worlds.



News in brief

RCMP move on in McCann hunt

MISSING. RCMP have wrapped up their search in a west-central Alberta recreation area as the hunt continues for an Edmonton-area couple who haven't been seen in nearly three weeks.

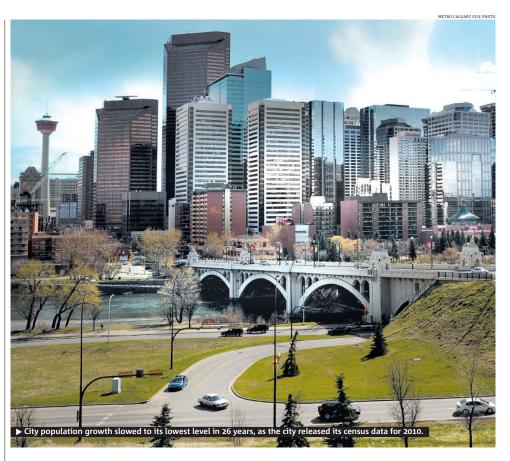
The area near Nojack, about 145 kilometres west of Edmonton, was closed to the public as Mounties scour the grounds for clues to the whereabouts of Lyle and Marie McCann.

THE CANADIAN PRESS

Gendrau to stay in jail

APPEAL. Alberta Court of Appeal Justice Peter Martin upheld a decision to keep David Gendreau behind bars while he waits for an appeal on his 6½-year sentence for handcuffing, confining and raping a former coworker.

METRO CALGARY



1,071,515 now call this city home

Overall vacancy rate in the city is 3.93 per cent, up from 3.08 per cent in 2009 ○ First time city tallies pets: Dogs—122,325; Cats—91,551



It appears the rush to head west to the land of milk and honey has slowed to a trickle, after the city released its 2010 census statistics.

But for those of us who stay, experts think the news means Calgarians are in it for the long haul. The natural increase in the past year was one of the

highest since 1992, signifying that Calgarians have high hopes for the city said Ben Brunnen, director of policy and research

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"Calgarians see this as a time to start a family and the place to be in the long term," said Brunnen.

Also, the high number of migrants out of the city should ultimately leave a higher quality work force, said Chris Massey, Hiring Solutions Officer at About Staffing.

"The ones that are leaving are transient workers, the ones that remain are committed to

Numbers

City sees an increase of

- Population due to natural increase was 10,214.
 - Net migration was negative 4,154.
- Calgary Mayor Dave Bronconnier said slowing growth means a "chance for Calgary to catch its breath."

building a life in Calgary," said Massey.

Habitat seeking business help

Can your business help?

Habitat for Humanity needs businesses and individuals to donate items for silent auction at their charity golf tournament this Aug. 26. Last year, hotel golf packages, hockey tickets, and tools were among the items auctioned to help raise nearly \$45,000. On average, it costs \$110,000 to construct a Habitat home, said

Sandi Ferchau, fundraising events manager. In 2009, Habitat built

In 2009, Habitat built nine homes in Calgary; this year, five homes have so far been constructed, she said.

"This Fall, Habitat will

break ground in Cochrane, building five units there, and in Airdrie, starting with six units," she added.

Contact Ferchau at 403-253-9331 ext. 229 to make a donation. • BRETTE EHALT

Course's front nine reopens

● West LRT construction involves six related projects, including the golf course ● City to review possibility of adding new clubhouse now that work is completed



Shaganappi Point Golf Course is showing off its changes in reopening the front nine after it was shut down last year to accommodate the LRT construction.

The biggest changes include about 300 full-grown trees moving back onto the course, which sports a new peninsula green on hole 1, while hole 2 has been shortened.

"We're getting used to it," said Jackie, who golfs every week at the course.

"The first couple holes are a little more challenging, but all-in-all, it's nice."

In the water hazard on the first hole, it's easy to see many golfers have already lost their drives to the new changes

the new changes.

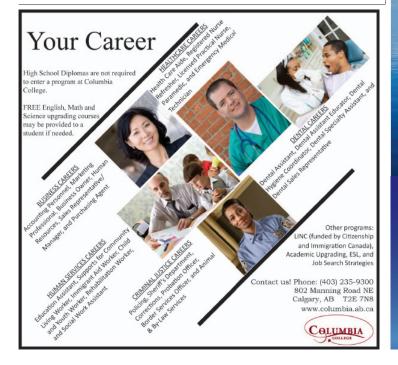
The course, which is run by the City of Calgary, is one of the city's oldest courses and is celebrating its 80th birthday this year.

The city says while the stoppage was necessary to widen Bow Trail in preparation for the LRT, the redesign was meant to maintain playability and overall character of the course.



1, 2, 3, 9, 15

Holes at Shaganappi Point Golf Course which were changed due to LRT construction.





Race-based hiring must go, **Tories warn**

• Harper team to review public service employment practices • 'We want to ensure no Canadian is barred'

Take this job ...

Government hiring practices have long caused vigorous debate.

The latest figures:

More women, aboriginals and visible minorities worked in the public service last year than the year before.

As of March 2009: Women made up 54.7 per cent of the federal workforce, aboriginals made up 4.5 per cent, people with disabilities made up 5.9 per cent and visible minorities made up 9.8 per The Harper government says race and ethnicity should not apply when it comes to landing a job in the public service.

The Conservatives have ordered a review of government hiring practices that currently give priority to qualified applicants from minority groups.

The Tories say favouring applicants from one group or another isn't fair.

"To say that you cannot apply for a job in your government, which is funded by your tax dollars, because you're not from an approved racial or ethnic category, it just seems inappropriate on so many levels," Immigration Minister Jason Kenney said.

Treasury Board president Stockwell Day said no Canadian should be barred from a federal job because of race or ethnicity.

"While we support diversity in the public service, we want to ensure that no Canadian is barred from opportunities in the public service based on race or ethnicity," Day

But New Democrat MP Pat Martin called the move a "full-frontal attack on affirmative action."

The federal government relies on data from Statistics Canada to set hiring targets.

THE CANADIAN PRESS



In hot Tokyo, ice is nice

With temperatures in Tokyo, Japan, hovering around 32 C Thursday, this may be one cool idea. It's called ice bowling. The pins, ball and rink are all made of ice. And by his look of concentration, this man is obviously feeling the heat of competition.

Has bear escaped from pickle jar trap?

An elusive bear with its head stuck in a pickle jar for the last two weeks may no longer be in a pickle.

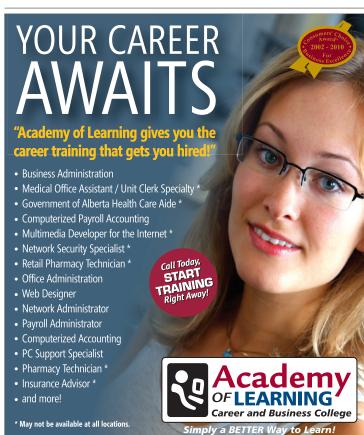
A canoeist spotted an empty plastic jar with fur in it on the shores of Lake Superior, wildlife officials

said Thursday. They are looking for the jar to examine it, but it's still not clear whether it's the same jar the bear was struggling with.
Officials are optimistic

the bear somehow managed to break free.

"I don't expect we'll hear from mister bear again," said conservation officer Ross Johnston. THE CANADIAN PRESS

Officials came within 15 metres of the bear on July 11 but missed shooting it with a tranquilizer dart, an onlooker said.



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Woman to spend week in custody

A 21-year-old woman accused of causing thousands of dollars of damage during G20 protests will spend another week in jail. Kelly Rose Pflug-Back, of Norwood, Ont. surrendered to police on Wednesday. THE CANADIAN PRESS



Charges

Pflug-Back, who is charged with six counts of mischief over \$5,000, appeared briefly in a Toronto

Media conference At a media conference Wednesday police alleged Pflug-Black was "single-handedly" responsible for thousands of dollars worth of damage.

Black trades prison for ı. mansion

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Will have to appear before judge on Friday in Chicago

Conrad Black woke up a free man Thursday after a judge granted him bail, enabling him to trade a prison cell for a night at a posh Palm Beach mansion.

Black arrived at the mansion Wednesday in a black SUV similar to one that had been parked outside the prison in Coleman, Fla., where he had spent over two years as an inmate.

His whereabouts Thurs-

day were unclear. A man who emerged from the mansion in the morning said Black had spent the night there but had already left. His ac-



count could not be verified. Black's wife, Barbara Amiel, however, was seen driving away from the mansion around noon Thursday in a dark-coloured Lincoln automobile. THE CANADIAN PRESS

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metronews.ca metr@news WEEKEND, JULY 23-25, 2010

PIPELINE EXPLOSION

China cleaning up oil spill

China and environmental observers said cleanup efforts on the country's largest reported oil spill were progressing Thursday, but the environmental and economic damage was clear.

The cleanup continued over a 430

Amateur

inventor

square kilometre stretch of the Yellow Sea off the northeastern city of Dalian, one of China's major ports and strategic

leum Corp. said Thursday that the pipeline that exploded and caused the oil spill last Friday had resumed operations. The blast had reduced oil shipments from part of China's strategic oil reserves to the rest of the country. The cause of the explosion was still not clear. THE ASSOCIATED PRESS

Lockout to end on fights ticket | Saturday

A Cape Breton man is fighting a ticket he received after being caught chugging along a sidewalk on a souped-up

drink cooler. Neil Rideout of New Waterford was fined \$222 under Nova Scotia's Motor Vehicle Act last July for driving his motorized red cooler on a sidewalk.

THE CANADIAN PRESS

oil reserve sites. China National Petro-

A lockout at the Port of Montreal is set to end Saturday morning, officials announced late Thursday.

The suspension of operations was brought to a close by an interim agreement between management and workers.

The deal covers conditions for reopening the port, while a full contract still needs to be negotiated. THE CANADIAN PRESS

Kosovo a legal state: UN's highest court



Kosovo recognized by 69 nations Serbia, Russia oppose statehood

The United Nations' highest court ruled Thursday that Kosovo's declaration of independence was legal, dealing a blow to Serbia, which vowed never to accept its former province as a separate state and warned the ruling could embolden separatist movements around the world.

Kosovo Prime Minister Hashim Thaci hailed the ruling as a "historic victory" and "the best possible answer for the entire world," while Foreign Min-ister, Skender Hyseni, said outside the International Court of Justice: "My message to the government of Serbia is 'Come and talk to

A tiny patch of the Balkans with a population of 2 million, Kosovo declared independence in February 2008 after years of fruitless talks with Belgrade about its desire to

"What happened today is the greatest joy for Kosovo since the declaration of independence."

SHPRESA GOSALCI, ETHNIC ALBANIAN

break away.

Issuing the nonbinding advisory opinion, International Court of Justice President Hisashi Owada said international law contains "no ... prohibition of declarations of independence" and therefore Kosovo's declaration "did not vio-late general international

In the capital, Pristina, ethnic Albanians honked their horns and waved Kosovo and U.S. flags to celebrate the ruling.

THE ASSOCIATED PRESS



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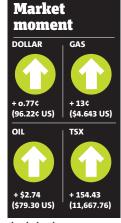
Recovery slows as confidence falls: BoC report

○ Employment up, but not incomes **○** Predicts dollar will stay lower D Europe crisis partly to blame

Canada's economy is slowing much faster than previously expected, the Bank of Canada said yesterday in a bleak outlook that stresses mounting risks from Europe's debt crisis and a possible global stall.

Still, the bank said it does not expect to backtrack on its current trend to higher short-term interest rates. Bank of Canada's key rate has risen half a point since early June, including a quarter-point hike Tuesday. The Bank of Canada's benchmark rate remains

extremely low by historical standards, after it was lowered to a record low of 0.25 per cent in mid-2009 to stimulate borrowing and



the help the economy recover from a major reces-

The 28-page document makes clear that the Bank of Canada's governing council sees conditions in Canada and around the world deteriorating since its last assessment in April, and risk factors intensify-

Canada's economy is already in the midst of a sharp pullback compared with the strong 6.1 per cent acceleration that occurred in the first three months of 2010, the bank says.

It estimates the just-ended second-quarter growth will come in at three per cent, almost a full percentage point below what the April forecast.

THE CANADIAN PRESS

Other people's money

DAVID DESCÔTEAUX



am driving my car. I turn right . congestion. Road repairs one lane closed. No problem, I know a detour. Turning

left ... jammed again. Bridge repair — two lanes closed. Now, I'm starting to get cranky. Then a road sign makes it all better: The \$12 million to fix the bridge will "stimulate the economy." And create 32.6

Only problem: it's not

Whether you're driving in Montreal, Toronto or Vancouver, it's the same. Construction sites ravage the streets. This year alone, governments will spend almost \$10 billion in infrastructure stimulus funding — about \$550 per Canadian taxpayer.

True, in parts of the country bridges are cracking and roads are filled with potholes. When we need to wear hockey helmets and elbow pads to drive to work, these collective investments make sense. But stop saying it will boost the economy.

Also, there is no such thing as a free lunch. Every dollar the government spends must be taken from your pockets at some point. If a bridge costs a million dollars, you and I have a million less to spend. Every job created by the new bridge destroys another job elsewhere in the economy.

Truth is: Instead of regularly investing in bridge and road maintenance, our governments chose over the years to spend the money elsewhere.

We all want nice roads and bridges. But stop taking people for idiots. A bridge is not a recovery plan. It's a bridge

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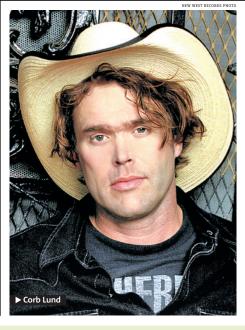
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MINUTES WITH: ORB LUND

Corb Lund will be one of the headliners at this weekend's Folk Festival.

Are you looking forward to performing at Folk Fest this

I am, yeah, a lot ... Playing Calgary is always special and it's especially fun at the Folk Fest.

You have some pretty interesting lyrics in a lot of your songs. What is your songwriting process like? It's just a big psychological mess basically. I don't know. Liust muck around and wallow around in it. I

don't really come up with

songs in a day or an after-

noon or whatever. I usually have six or eight on the go and I sort of chip away at them over time. They're kinda like bananas — if they're too green they need to be ripened. I'm not very good at writing a song and having it done. You know, some people can sit down and bang one off in an afternoon. That's happened before but it's very rare for me. Usually, it's a very slow process full of emotional pitfalls.

Some people have compared vou to lan Tyson - what's it going to be like putting on a workshop with him Saturday?

It will be fun. We're old friends so we've played together lots. Tom Russell is going to be there, too. that's gonna be a fun workshop actually. It will be fun. More than anything to me, when I was a kid, when I was younger I was quite a big fan and now it's mostly been the last five or six years (that) it's just become a friendship.

Are you sticking around for the whole weekend? I've got to take off early Sunday morning so I'm

gonna try not to drink too much Saturday night. Speaking of — do you think

it's going to be a beer or a whisky kind of weekend?

Well I had to drink a bunch of whisky just to get to sleep last night, so I'm probably gonna stick to beer. The last week I've been having inexplicable insomnia so I had to knock myself out last night. I think I might actually drink wine this weekend: I think red wine might be the one. Gin, maybe gin. Gin is a good summer drink, gin and tonic, a little lime in it, that's a good way to go. As long as it's not f—ing lime beer or whatever it is. KATIE TURNER





Hip to summer tunes

Letters

We asked: What song is the soundtrack of your

TORONTO. Without a doubt it has to be Bobcaygeon by The Tragically Hip. It's the kind of mellow escape that reminds me of summer, even in the worst

It's the kind of song you take camping with you. It can be the soundtrack to every summer. You don't get songs more Canadian than that. DEVIN GIBBONS

We asked: You win \$2,500: How would you spend it?

CALGARY. If I won \$2,500, I

my daughter's RESP account so it could be used towards her education when she grows up.

accommodations would be great.

JUAN (JOANNE) COX

TORONTO. If I won \$2,500 I would give it all to my sister so she can complete her private pilot's licence

Metro has the right to edit letters and submissions.

TORONTO. With \$2,500 I would probably return a portion to my mom, who loaned us some money recently, and treat my husband and I to a week at a training. KIMBERLY ANN KUKORAITIS

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Metro Minute with historic Calgary

Take a minute to tour through Calgary's past by participating in the 20th annual Historic Calgary Week. At 11 a.m. Friday, listen to stories of ranching pioneers Henry Frank and Ellen Lawrence from their grandchildren

— at 3625 – 4th St. SW.

At 1:30 p.m., hop on a tour bus to see Calgary's most historically significant parks. The bus departs at Reader Rock Garden parking lot, 325 – 25th Ave SE.

At 7 p.m., Harry Sanders will show how back alleys will show how back aneys tell stories of the past. Meet at the Famous Five statues in Olympic Plaza, 228 – 8th Ave. SE.

Historic Calgary Week runs until Aug. 2.

METRO CALGARY

Three days to play

DO YOU STILL FIND FACEBOOK RELEVANT?



Brett Bacon

CALGARY

I just used Facebook last week to organize my birthday party. I check it a couple times a day. I use it to keep in touch with friends and family all over the world.

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Caitlin Bodewitz

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Schmuck in middle of smart comedy

◆ Once Dinner for Schmucks director Jay Roach showed him the funny, it was a 'no-brainer' for Rudd ◆ Film title's not controversial, Jewish star says



For Paul Rudd, the decision to star in Jay Roach's new comedy, Dinner for Schmucks, was an easy one.

"I thought the script was really funny," he says. "That was it. It was kind of a no-brainer."

Of course Rudd, who's built an impressive resume of smart comedies including Anchorman and Role Models, was just as enamoured with the man behind the camera as he was with the screenplay.

"One of the things I

"One of the things I think is amazing about Jay is how versatile he is," Rudd says of Roach. "He's done so many funny movies and then he goes and does a movie like Recount, where he's just such a smart guy. He has all of this talent, yet he's the most self-effacing guy."

In Dinner for Schmucks, Rudd stars as Tim, an overextended finance worker looking to impress his boss (Bruce Greenwood). He's given a chance to do just that when he's invited to an exclusive dinner where the attendees bring the biggest idiot they can find. The schmuck with the most hilarious talent wins a trophy. Despite his moral hesitations, Tim can't help but think it's fate when he runs into Barry, a naïve simpleton played by Steve Carell — another aspect that made the film an easy choice for Rudd.

Some might have hesitations about a movie with "schmuck" in the title, but Rudd, who is Jewish, brushes off any controversy. "My grandfather used to call me a schmuck all the time," he says. "You know, it's like the word 'putz.' When I was growing up, I thought the word 'putz' was a really funny word — 'Don't be a putz!' So I always thought a putz was just an idiot, but then my dad told me, 'A putz is a penis.' What's up with so many words that mean penis in Yiddish?"



For movie trailers, listings, photos and tickets, visit metro news.ca/movies

Carell and his inner idiot

For Carell, getting in touch with his inner Schmuck was a blast. Used to playing bumbling on The Office, Carell even admits that he has some skills that could get him an invite to a real-life dinner for schmucks. "I play the baritone horn, so that could qualify me to get invited to one of these dinners," he says. "The baritone horn is like a mini tuba, and it's probably the least sexy instrument you could choose."



In brief



Tom Cruise will appear on BBC's hit motor-themed TV show Top Gear. The Knight and Day star and Cameron Diaz will race in Kia Cee'd cars to see who can do the fastest lap.





Dog days of director

Brad Peyton knows the rules. "For directors, there's a list of things you're not supposed to do: kids and animals, he says. "The list goes on: robots, explosions, lots of visual effects."

Peyton's first feature film, Cats and Dogs: the Revenge of Kitty Galore, the cast was almost entirely of the furry, four-legged variety and the spy-games plot called for plenty of robots, explosions and effects. And he's completely aware of how bold of a choice that was.

"It just felt like we pretty much put everything into the first movie," he admits.

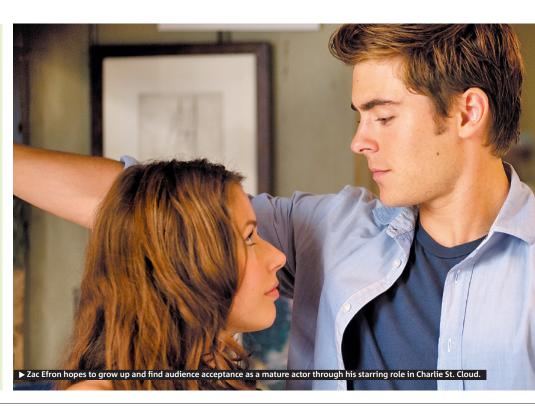
Peyton quickly learned that when dealing with canine actors, he'd have to do a lot of the heavy lifting himself. "A dog walks in-



to a room, doesn't know what an eye line is, doesn't have a clue what it's motivation is besides getting his food and hearing a squeaky toy," he says.

Luckily he also had a star-studded voice cast
— and at least one live, upright actor on set to help him feel human again. "When we got to Chris O'Donnell, I was like, 'Thank god. Four days of Chris O'Donnell, this is like such a reprieve," Peyton says with a laugh. "It was refreshing.'

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Cold spies, hot thriller

Genre: Action/Thriller Director: Phillip Noyce Stars: Angelina Jolie

Phillip Noyce's fast, gritty spy thriller Salt, starring Angelina Jolie as a CIA analyst suspected of being a Russian sleeper agent, could be flippantly called "Lady Bourne," and that wouldn't necessarily be an insult

It shares the better aspects of the Matt Damon franchise's "spy out in the cold" DNA. At the same time. Salt feels retro — in the best possible sense of the word — thanks in large part to something au-



diences haven't seen in a while: Russian bad guys.

With a tight, wellplotted script, some fun twists and fantastic stunts and action sequences, it would easily be smart summer fun already. What elevates the movie, though, is

the cast

Jolie fits perfectly into the title role, harnessing a mix of toughness and vulnerability that's served her well in her dramatic work as well as her more gunplay-heavy roles

NED EHRBAR



The Kids Are All Right Genre: Drama

Director: Lisa Cholodenko Stars: Annette Bening

After turning in a brilliant performance in the littleseen Mother and Child this spring, Annette Bening nearly walks away with The Kids Are All Right as Nic, the one half of a well-

to-do lesbian couple raising their two teenage children in Los Angeles. The only thing stopping her from stealing the show completely is the fact that she's up against Julianne Moore as her partner and Mark Ruffalo as thesperm donor brought into their lives by their children's curiosity. O NED EHRBAR



Ramona and Beezus Genre: Drama

Director: Elizabeth Allen Stars: Joey King **@(**)

Beverly Cleary's childrens books about Ramona Quimby have been bedtime reading staples since the 1950s. yet oddly never made it to the big screen until now. At times it's clear the story is

from another era as characters display values, language, and behaviour that feel decades removed from contemporary reality. Director Elizabeth Allen clearly wanted to retain the spirit of the books, but ends up with something out of date that feels closer to a sitcom than reality.

PHIL BROWN



School's out, Zac Efron gets serious

◆ High School Musical heartthrob wants to graduate into more mature roles ◆ Star handles complex emotions, sailing in Charlie St. Cloud



This could be upsetting news for some of his most avid fans but Zac Efron may be growing too old for his High School Musical

"I love the audience that I've had thus far," admitted Efron recently in Los Angeles to promote his new fantasy drama, Charlie St. Cloud.

"I feel like I can really talk with this generation and understand them and I want to make movies for them. But I think the best way to do that is not to do the same thing over and over again but to evolve

with the audience."

For the young actor, that meant taking on the title role of Charlie — a young sailing prodigy who struggles to get past the accidental death of his younger brother. Based on a popular novel, the 22-year-old star admits it's definitely a move in a more serious direction.

"Everyone at some point in their life experiences loss," said Efron. "This is a story that comes from love and how even when someone moves on, a piece of them will always be alive inside your heart so it relates to everybody."

While playing a character that grieves in a unique way (he routinely meets

"(I want to) have some life experience, make some films about those things and hopefully by the time the audience catches up ... they realize life isn't always like High SAAC EFEON Musical."

the spirit of his sibling to toss a baseball around) may have proven emotionally challenging for the actor, Efron also had to learn to become an expert mariner—a pursuit that sounds much more gratifying.

"I never sailed before so I got the crash course," said Efron. "It was incredibly fun. Everyday we had a regimen — wake up, sail for six hours, come in sunburned and then sleep for the rest of the day."

Whoever claimed high school was the best years of one's life clearly wasn't living the life of Zac Efron.



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THE TROUBLE WITH THE WEIRD SISTERS



The old song lyric "Two different faces, but in tight places, we think and we act as one" pretty much sums up the bond often shared by sisters.

o matter how close the connection—or how many sterling silver "sisters are a forever friend" catch bangle message bracelets are exchanged — there is bound to be some tension between sibs from time to

time. Even the tagline for this weekend's kid comedy Ramona and Beezus—"A little sister goes a long way"— suggests some good natured conflict between the girls. Here's a look at other kinds of cinematic sibling rivalry.

Whatever Happened to Baby Jane?

If sisters are blossoms in the garden of life as one poet said, then Jane Hudson must be a poison ivy plant. Played to great creepy effect by Bette Davis — wearing an inch of thick pasty make-up — Jane was ranked #44 on the AFI's 50 Best Villains list. As she descends into madness she keeps her sister Blanche (Joan



Crawford) captive and even tries to make her eat her pet parakeet for lunch. The movie is great campy fun — one critic at the time wrote, "it sometimes looks like a poisonous senior citizen show with over-the-top spoiled ham"— but the behindthe-scenes stories are

almost as psychotic as anything on screen. The aging divas couldn't stand one another and fought constantly. Davis "accidentally" kicked Crawford in the head, requiring stitches and Crawford weighted down her clothes for the scene where Jane has to drag Blanche causing Davis to suffer a muscular backache. In 1991 the movie was remade with real life sisters Vanessa and Lynn Redgrave in the lead roles.

Sisters

Where would sister movies be without "the evil twin"? Sisters, Brian De Palma's ode to deviant sororal behaviour may well be the Citizen Kane

of the genre. On one hand we have Danielle (Margot Kidder), a French/Canadian model and one half of a set of Siamese twins. Then there's the murderously mad Dominique (also Kidder), who fools her prey into thinking she is the demure Danielle before... well, going murderously mad on them. Unlike Whatever Happened to Baby Jane, the low budget Sisters failed to garner any Academy Award nominations, but it did earn Kidder one of the most florid lines of film criticism ever. "Margot Kidder has a demon-slut's curly lips," wrote The New Yorker. "and knows how to turn on the sexiness with a witch's precision."

THESE PAGES COVER MOVIE START TIMES FROM FRI., JUL. 23 TO THURS., JUL. 29. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

CANYON MEADOWS

Bay 110 13226 Macleod Trail, 403-670-5444

The Back-up Plan (PG) Fri-Thu 9:50

The Back-up Plan (PQ) Fri-Thu 1950
Date Night (PQ) Fri-Thu 1944:57:15-950
How to Train Your Dragon (PG) Fri-Thu
115-335-645-915
Iron Man 2 (PG) Fri-Thu 12-55-350-650-925
The Karate Kid (PG) Fri-Thu 12-54-157-30
Killers (PG) Fri-Thu 115-47-10-930
Letters to Juliet (PG) Fri-Thu 1:05-4:10-7:05-

9:35 **Marmaduke** (G) Fri-Thu 1:10-3:55-7:30 Prince of Persia: The Sands of Time (PG) Fri-Thu 1-3:45-7-9:40

Robin Hood (14A) Fri-Thu 12:50-4:05-8 Shrek Forever After (PG) Fri-Thu 1:25-4:20-7:20 **Splice** (18A) Fri-Thu 9:30

CROWFOOT CROSSING 91 Crowfoot Terrace, 403-547-3316

Despicable Me (G) Fri-Thu 12:20-3:20-6:45 **Despicable Me 3D** (G) Fri-Thu 11:50-2:30-5-

Despicable Me 3D (G) Fri-Thu 11:50-2:30-5-7:20-9:40 Grown Ups (PG) Fri-Thu 12:40-3:10-7:15-955 Inception (PG) No Passes Fri-Thu 12:12:30-1:10-3:30-4-5:10-7:30-9:30-13-5:10-45 Knight and Day (PG) Fri-Thu 9:25 Knight and Day (PG) Fri-Thu 9:25 Salt (144) No Passes Fri-Thu 11:40-12:50-2:10-4:10-4:59-65:72-9-33-10

4:10-4:50-6:557:25-9:35-10 **The Sorcerer's Apprentice** (PG) Fri-Tue 1-3:55-7:35-10:10 Wed 3:55-7:35-10:10 Thu 1-3:55-7:35-10:10 Star & Strollers Screening Wed 1

Toy Story 3 3D (G) Fri-Thu 11:30-3:50-7:10-

The Twilight Saga: Eclipse (PG) Fri-Thu 12:35-3:40-7:10-10:30

EAU CLAIRE MARKET 200 Barlay Parade, 403-263-3166

The Girl Who Played With Fire (18A) Fri-Sun 12:20-3:40-7-10 Mon-Thu 3:40-7-10 Inception (PG) No Passes Fri-Sun 12:30-4-8 No

Passes Mon-Thu 4-8 **Salt** (14A) No Passes Fri-Sun 12:50-3:50-7:10-10:10 No Passes Mon-Thu 3:50-7:10-10:10 Sex and the City 2 (14A) Fri-Sun 12-3:20-6:30-9:40 Mon-Thu 3:20-6:30-9:40

The Sorcerer's Apprentice (PG) Fri-Sun 12:10-3:10-6:50-9:30 Mon-Thu 3:10-6:50-9:30 **The Twilight Saga: Eclipse** (PG) Fri-Sun 12:40-3:30-6:40-9:50 Mon-Thu 3:30-6:40-9:50

EMPIRE STUDIO 16 COUNTRY HILLS 388 Country Hills Blvd., 403-686-8491

Despicable Me (G) Stadium Seating, SR Dolby Digital Fri-Thu 12:40-3:05 **Despicable Me 3D** (G) Stadium Seating, SR

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Inception (PG) Stadium Seating, SR Dolby Digital, No Passes Fri-Thu 12-12:30-3:15-3:45-6:30-7-8-9:45-10:15

Khatta Meetha (STC) Stadium Seating, SR

Dolby Digital Fri-Thu 12:15-3:40-7:50

Knight and Day (PG) SR Dolby Digital, Stadium Seating Fri-Wed 12:20-3:35-7:15-9:50 SR Dolby Digital, Stadium Seating Fri-Wed 12:20-3:35-9:50

The Last Airbender 3D (PG) Stadium Seati ing, SR Dolby Digital Fri-Thu 12:55-3:50-7:25-10 **Predators** (18A) No Passes, Stadium Seating,

Predators (18A) NO Passes, Stadium Seating, SR Dolby Digital Fri-Thu 145-4257-30-10:05 Ramona and Beezus (G) Stadium Seating, SR Dolby Digital Fri-Thu 12:50-3:25-645-9:20 Salt (14A) No Passes, SR Dolby Digital, Stadium Seating Fri-Thu 12:35-3:30-4:10-7:20-7:45-9:50-10:15

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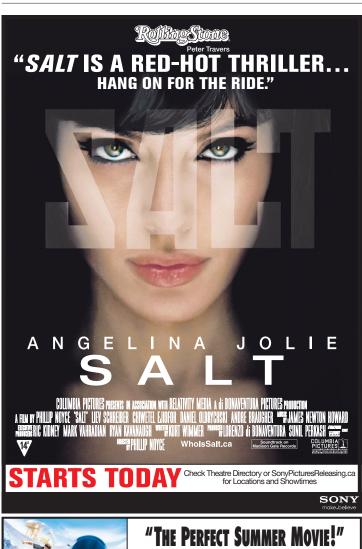
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Knight and Day (PG) Stadium Seating, SR

Knight and Day (PG) Stadium Seating, SR Dolby Digital Fri-Thu 4-9:50

The Last Airbender 3D (PG) Stadium Seat-





PG CRUDE CONTENT, LANGUAGE MAY OFFEND

GrownUps-Movie.ca Check Theatre Directory or SonyPicturesReleasing.ca for Locations and Showtimes





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617-8 Avenue, 403-262-3308

Cyrus (14A) Fri 7:15-9:15 Sat-Sun 1:15-3:15-7:15-9:15 Mon-Thu 7:15-9:19 Winter's Bone (14A) Fri 7-9:10 Sat-Sun 1-3:10-7-9:10 Mon-Thu 7-9:10

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How to Train Your Dragon (PG) Fri-Thu 1-3:40 Iron Man 2 (PG) Fri-Thu 12:45-3:35-6:45-9:35

Jonah Hex (14A) Fri-Thu 1:20-10 Khatta Meetha (STC) Fri-Thu 2-6:30-8:30 Killers (PG) Fri-Thu 12:55-3:35-6:55-9:55 Letters to Juliet (PG) Fri-Thu 12:45-3:45-6:50-

9:45 Marmaduke (G) Fri-Thu 1:05-4 Mel Kara de Rabba (PG) Fri-Thu 4:15-7:30 Robin Hood (1:4A) Fri-Thu 7:30 Shrek Forever After (PG) Fri-Thu 12:50-3:55-

Splice (18A) Fri-Thu 1:10-3:50-7-9:50

SCOTIABANK CHINOOK 6455 MacLeod Trail, 403-212-8994

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Tay:50-4;30-6;457:15-8-10:10-10:35 Inception: The IMAX Experience (PG) No Passes Fri-Thu 12-3;30-7-10:30 The Kids Are All Right (18A) Fri-Thu 12:55-

3:55-7:35-10:25 **Knight and Day** (PG) Fri-Thu 12:50-3:50-6:45-

9:45 The Last Airbender 3D (PG) Fri 1:10-4:10-

7:25-10:25 Sat 4:10-7:25-10:25 Sun-Thu 1:05-4:10-

7:25-10:25 **Predators** (18A) Fri-Thu 9:50

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PLAZA THEATRE 1133 Kensington Rd. N.W., 403-283-3636

2010 Film Racing (STC) Thu 7 **Babies** (PG) Sat 12:40 Sun 5:15 **Get Him to the Greek** (18A) Fri-Thu 9:35 **The Ghost Writer** (PG) Fri 7:15 Sat 2:15 Mon

7:15 Tue 4:30 Wed 7:15 **The Girl With the Dragon Tattoo** (18A)

Fri 4:30 Sat-Sun 6:50 Mon 4:30 Tue 6:50 Wed 4:30 SUNRIDGE SPECTRUM

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Mel Kara de Rabba (PG) Fri-Thu 11:55-3:20-

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Toy Story 3 3D (G) Fri-Thu 12:05-3:05-645940

9:40 **The Twilight Saga: Eclipse** (PG) Fri-Tue 12:55-4:20-7:20-10:20 Wed 4:20-7:20-10:20 Thu 12:55-4:20-7:20-10:20 Star & Strollers Screening

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Land (14A) Fri-Thu 7

Micmacs (14A) Fri 4:40 Sat-Sun 12:10-4:40 Mon-Thu 4:40 The Secret in Their Eyes (18A) Fri 4:30-8:50 Sat-Sun 2:10-4:30-8:50 Mon-Thu 4:30-8:50 This Movie Is Broken (14A) Fri 7:10-9:10 Sat-Sun 12:20-2:40-7:10-9:10 Mon-Thu 7:10-9:10

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PICTURE SOUNDTRACK!

Cyrus (14A) Fri-Thu 12:30-3-7:40-10:15 **Despicable Me 3D** (G) Fri-Thu 12:10-2:25-4:40-7-9:20

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The Twilight Saga: Eclipse (PG) Fri-Thu 12:25-3:10-6:40-9:30





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• After the successful flick Away from Her, Gordon Pinsent stars in TV series The Pillars of the Earth, premiering Friday on Movie Central

Gordon Pinsent says he was pleasantly surprised to be recognized by his more famous peers when he shot the upcoming eight-hour TV miniseries, The Pillars of the Earth, but laments not capitalizing on the buzz that surrounded his acclaimed 2006 film Away From Her by chasing Hollywood roles.

Pinsent, who plays the Archbishop of Canterbury in Pillars, says he missed

an opportunity to take advantage of the critical success of Away From Her, which earned co-star Julie Christie a Golden Globe for best actress writer/director Sarah Polley an Oscar nomination for best adapted screenplay. "Good material is truly

hard to find," says Pinsent, who arguably reached the pinnacle of his career with his acclaimed turn as a heartbroken husband in

"Good material is hard to find. I haven't had anything since like that."

GORDON PINSENT

the Canadian indie film.

"I haven't had anything since like that."

The Newfoundland native, whose deep sonorous voice and dignified poise established him as a mainscreen, wonders if his career would be different if he'd been aggressive in the wake of global acclaim for the romantic drama.

"I didn't play the game very well," says Pinsent, who recently turned 80. "I should have gone down there and hung out and delivered papers or some-thing, you know, to people. To set once and for a reputation.

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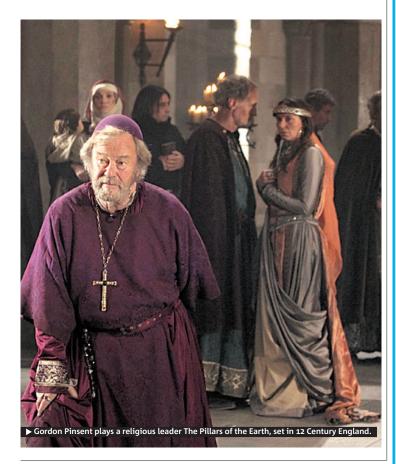
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7th heaven



Chris Isaak

Television

Unless this is some sort of Wicked Game, rumour has it that the folks at American Idol are reportedly considering Chris Isaak as a replacement for Simon Cowell for the 10th season of the hugely successful singing competition, according to the Hollywood Reporter.

METRO NEWS SERVICE

Comic-Con

Culture

Movie buffs, comic-book collectors, sci-fi fans and nerds and geeks of all stripes have taken over this San Diego for Comic-Con, the city's annual pop culture convention. Now in its 41st year, Comic-Con draws more than 120,000 fans.

THE ASSOCIATED PRESS

Stephen King, On Writing

Books

His books may be about curses, ghosts and the supernatural, but Stephen King has raked in the literary bucks over the years. In this book - now available in soft cover — the author is sharing his thoughts on the writing process in this memoir on the craft. simonandshuster.com METRO NEWS SERVICE

Nina Garcia's Look Book

Advice

Not sure what to wear for that special occasion, or just for that trip to the grocery store? Garcia, a Project Runway judge, has compiled a tome — more than 300 pages — outlining a look for every occasion. evervwomansvoice.com METRO NEWS SERVICE

Batman: Under the Red Hood

DVD

No need to wait for Christopher Nolan to finish his next Dark Night film. This animated tale is set to

Metro

A guide to the 'Shore'

Look's like Mike "The Situation" Sorrentino is adding to his body of work. The Associated Press reports the regular on the MTV reality show Jersey Shore will release a book in November. METRO NEWS SERVICE



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be released on Blu-Ray on Tuesday by Warner Brothers, and sees Batman being stalked by a mysterious man. warnerbros.com METRO NEWS SERVICE

Clean Start

Beauty

Summer can be rough on

your skin, so Dermalogica has come up with a Clean Start kit to help keep you looking your best. The kit comes with a foaming face wash, purifying toner, exfoliating scrub, an SPF 15 moisturizer and a overnight treatment for acne breakouts.

METRO NEWS SERVICE

Mix of Six

Event

Ride Through Time

The next best thing to a time machine this Saturday is Calgary's Lougheed House which will be hosting a family fun day focusing on the dutiful, the decorated and the distinguished in the military. And its free! July 24, Lougheed

Fiestaval

The Calgary Latin community is hosting this two-day free festival at Olympic Plaza to give Calgarians a taste of Latin flavour - and not just in their food! They will have

live entertainment, free dance lessons and of course some spicy Latin cuisine. July 24 & 25, Olympic Plaza.

Sun and Salsa Festival

Kensington businesses have prepared a spread of salsas for Calgarians to sample this weekend while listening to live entertainment from seven stages - don't forget your water bottle!

Soul Food

Poets and R&B artists will be giving Calgarians their daily required serving of spoken word for just \$10 (\$15 at the door) Saturday night at six at the Downtown Calgary Public Library. July 24

Roller Derby

The Thrashin' Lassies and the Cut Throat Car Hops face off at the Triwood Arena at seven on Saturday, tickets are \$10 in advance at calgaryrollerderby.com or

\$15 at the door. July 24.

End Women's Cancer Weekend

Calgarians will hoof it for 30km or 60km this weekend starting at the Currie Barracks to end all kinds of Women's Cancers, July 24 &

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Tapes continue to circulate online

• Gibson is subjected to further ridicule as parody mash-ups, tweets and remixes hit the web

Since the celebrity website RadarOnline.com gradually released recordings purportedly of Mel Gibson, the tapes have been used for comedy fodder across the Internet, inspiring remixes, mash-ups and an endless stream of

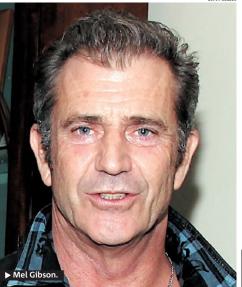
The recordings reveal grim, ugly arguments be-tween a man who sounds distinctly like Gibson and a woman identified by the site as his ex-girlfriend and mother of his child. Oksana Grigorieva. The anger and ethnic slurs make the tapes difficult to listen to

Parody, though, has

"It's the gift that keeps on giving," says Justin Stangel, who, with his brother Eric, is co-head writer and executive producer of Late Show With David Letterman '

"His tapes are so crazy, there's new areas to deal with everyday. It's fantastic. They really should have saved it for sweeps,' Stangel said, referring to the period when ad time is priced for TV programming.

Late night shows have put the subject in heavy rotation, none perhaps as much at CBS' Late Show. THE ASSOCIATED PRESS



▶ Brad Pitt and Angelina

Pitt & Jolie settle UK newspaper case for undisclosed damages

Actors Brad Pitt and Angelina Jolie have accepted undisclosed damages in London's High Court to settle a privacy claim against a British tabloid that had reported they were planning to split.

The celebrity couple be-

gan legal action against the News of the World after it reported in January that they had agreed to separate.

The pair argued the newspaper had made false and intrusive allegations in saying that they had planned to divide assets worth US\$320 million and had made arrangements regarding the custody of their six children.

newspaper con-The firmed Thursday that a settlement had been reached. THE ASSOCIATED PRESS

Talking points

Elton concert postponed

HEALTH A bout of food poisoning has caused the postponement of Elton John's scheduled concert at Tucson Arena. The Arizona Daily Star reports that Wednesday night's show was nearly sold out with about 8,800 tickets purchased.



Organizers say the British rocker will perform Thursday night in-

Lohan dad accused of assault

Celebrity tweets

ALLEGATIONS Michael Lohan is being accused of assaulting fiancée Kate Major during an argument earlier this week, according to TMZ. Major reportedly filed a claim with police in Long Island saying he kicked her in the face while she

was on the ground. According to the website, Major documented the injuries



with photographs and went directly to the hospital. • metro world news

Jessica Simpson [AJessicaSimpson] It is

official-I'm 30 and found a wrinkle. Damnit!!



ottest July on record in New York City. unless you count that sum short shorts

Russell Brand [Arustyrockets] Want to be smashed in the undercarriage by a muscley coward? Why not try

Paula Abdul [Paula Abdul] Just find a quiet spot & take a few deep breaths! You deserve a moment...take it!

METRO NEWS SERVICE

horse riding.



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Soup Man returns



The bisque is back. The soup stand that inspired the Soup Nazi episode on Seinfeld reopened in midtown Manhattan on Tuesday, six years after its famously brusque owner, Al Yeaaneh, shut it down and licensed his recipes to a franchising company. More than 100 peo ple were waiting in line for the noon reopening of the tiny storefront, including a few regulars who remembered the days when Yeganeh ladled broth and imposed discipline from behind the cramped counter. THE ASSOCIATED PRESS



There's nothing wrong with going back to the basics

○ Cookbooks can teach you things you didn't know you needed to know ○ You should never stop learning

Whether you're woefully inadequate in the kitchen or an accomplished cook looking for new challenges, some not-so-light summer reading will help you recapture the lost kitchen arts.

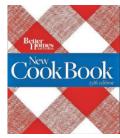
Start with The Better Homes and Gardens Cookbook, which sounds like the kind of thing new brides were given circa 1950. For years, an earlier edition has been a go-to source for sour cream pound cake, macaroni and cheese, casseroles with condensed soup (yes, really) and other traditional American fare.

American fare.

The new 15th edition features 1,200 recipes — including more than 750 new ones — that put more emphasis on modern palates and busy lifestyles. A new chapter on convenience cooking offers healthy, economical weeknight meals, while new breakfast options include 10 different smoothies, from peanut butter to pomegranate.

A new "Make-It-Mine"

A new "Make-It-Mine" feature suggests jazzing up those fuddy-duddy casseroles with kalamata olives, panko or mostacci-



oli pasta instead of plain egg noodles. A perfect book for beginners, it's also a handy reference for accomplished cooks.

Darina Allen has been called "the Julia Child of Ireland" and her book Forgotten Skills of Cooking is devoted to helping you master the art of eating from the land.

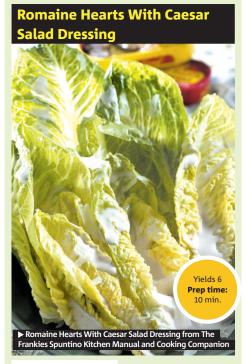
Chapters on foraging, preserving and dairy guide passionate cooks in reconnecting with the edibles under their noses. She encourages cooks to take on the tasks usually left to others, like harvesting wild greens, smoking fish or turning milk into cheese (or, yes, butter again).

Gorgeous photos mingle with 700 recipes, including elderflower fritters, ketchup and hand-made sausages. Traditional fare like roast chicken stuffed with herbseasoned bread sidles up alongside pheasant braised with Cork gin or duck gizzards sizzled in duck fat. A useful, beautiful and inspiring book for accomplished cooks who want to take their skills and appreciation further.

and appreciation further. The Frankies Spuntino Kitchen Companion and Cooking Manual by Frank Falcinelli, Frank Castronovo and Peter Meehan uses simple Italian fare to reinforce the importance of excellent, basic ingredients and the need to get back in touch with them. Make your own pasta. Like, with your hands. Taste your pasta boiling water to see whether it is salty, rather than relying measurements. And throw out those jars of sauce; making your own requires only five ingredi-

Written in an easy, conversational style, the book offers an accessible, sensible guide to making fresh, straightforward food. Cook, taste, eat.

THE ASSOCIATED PRESS



Ingredients:

- 3 romaine hearts
 50 ml (1/4 cup) pecorino Romano, plus more for
- 125 ml (1/2 cup) mayon-
- 50 ml (1/4 cup) water
- 7 ml (1 1/2 tsp) red wine vinegar
- 1 clove garlic

servina

- 1 anchovy
- 1 ml (1/4 tsp) Worcestershire sauce
- 1 ml (1/4 tsp) hot sauce • 2 ml (1/2 tsp) ground white pepper
- Kosher salt and ground black pepper, to taste

Preparation:

- 1 Trim root ends of romaine, then wash and dry leaves. Refrigerate until ready for use.
- In a food processor or blender, combine pecorino with mayonnaise, water, red wine vinegar, garlic, anchovy, Worcestershire, hot sauce and white pepper. Puree until smooth, adding water if needed. Season with salt
- In a large serving bowl, toss lettuce with dressing. Top with additional pecorino and season with black pepper.

Creating the taste of tapas at home

Spain's delightful tradition of tapas has crossed the ocean and found a home in North America.

Simply put, tapas are hot or cold appetizers served in bars and restau-

> Sand July July

rants with a glass of wine. And now home cooks can make them too with the release of a new cookbook devoted to the tasty morsels.

"You can spend an entire day languishing and enjoying tapas with beer or wine with friends and fami-

ly," says Alex Raij, who with her husband Eder Montero is co-owner of two New York restaurants where tapas are served.

Txikito is their Basque

restaurant serving cuisine of the Spanish region. Right across the street is El Quinto Pino, a 24-seat bar featuring signature multiregional Spanish tapas.

Raij, a native of
Argentina, and
Montero, who is
from Spain, contributed recipes to
The Book of Tapas
by Simone and Ines Ortega
(Phaidon, \$45,
hardcover).

As spokesperson for the publication, which boasts more than 250 recipes nd 150 illustrations, Raij

more than 250 recipes and 150 illustrations, Raij is considered one of the foremost tapas chefs on the continent.

"We are very inspired by the regional cuisine of Spain and so many classic dishes are reflected in the tapas we create," she says. "That is what I love about tapas bars because they can make the creators think outside the box."

The book features authentic recipes for famous dishes like gambas al ajillo (garlic shrimp) and patatas bravas (potatoes with spicy sauce).

Spanish ingredients used to make the small bites include Serrano ham, salt cod, chorizo sausage, octopus as well as a selection of vegetables. The list is endless.

"A tapa can pack a lot of flavour," says Raij. "How the chef com-

"How the chef combines the ingredients like a pepper, a piece of cheese with ham and the way it is stacked toasted or untoasted will com-

Chorizo Cooked

In Wine

Here from the book is a very simple tapas recipe to try at home.

Ingredients:

 400 g (14 oz) semi-cured cooking chorizo sausage
 1 l. (4 cups) dry red or white wine

pletely change how that little bite tastes in your mouth," says Raij.

One of her favourites is croquettes, which can hold anything from salt cod to ham, potatoes, other vegetables or salmon. These are mixed with a thick white sauce and seasonings and formed into

- Slice chorizo into 2-cm (3/4-inch) slices. Heat a heavy pan and add chorizo.
- Pour in wine to cover, bring to a boil, then reduce heat and simmer until nearly all the wine has evaporated.
- Serve hot, spearing each slice with a cocktail stick (toothpick).

small cylinders, ovals or rounds. They are dipped in beaten egg and then breadcrumbs and deepfried until crisp and brown.

"I don't think you can have a tapas restaurant without croquettes," says Raii

THE CANADIAN PRESS

Italian Panzanella Salad

This classic Tuscan bread-andtomato salad is traditionally served during the summer months.

Ingredients:

- 175 ml (3/4 cup) walnut
- 60 ml (4 tbsp) olive oil, divided
- 2 ml (1/2 tsp) each sea salt and fresh cracked pepper
- 30 ml (2 tbsp) white
- 500 ml (2 cups) chopped
- cherry tomatoes
 75 ml (1/3 cup) pitted and sliced kalamata olives
- 1 green onion, sliced
- 1 small clove garlic, minced
- 1/2 shallot, minced
- 6 fresh basil leaves, thinly sliced
- 1/2 loaf of leftover day or week-old crusty bread, torn or cut into 2.5-cm (1-inch) cubes (1 to 1.25 l/4 to 5 cups)
- Tip: If white balsamic vinegar is not available, substitute regular balsamic vinegar.

Preparation:

- In a small bowl, combine walnuts with 15 ml (1 tbsp) of the olive oil. Heat a small frying pan over medium heat. Add oil-coated walnuts, stirring constantly until golden brown, 3 to 5 minutes. Remove from heat, season with salt and pepper and let cool.
- In a large bowl, combine remaining olive oil, vinegar, tomatoes, olives, onion, garlic, shallot and basil. Mix well and let sit for 5 minutes to develop full flavour.
- Add bread and walnuts to salad mixture and toss until well combined.

Serve immediately.

THE CANADIAN PRESS



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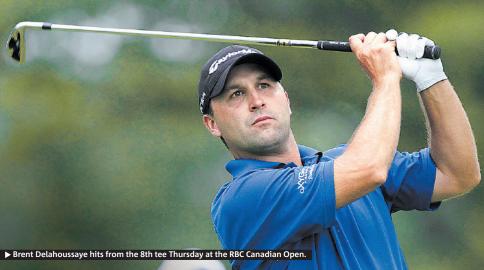
American golfer Brent Delahoussave shoots a 62 for course's best ever competitive round • Score also ties lowest for a round at Canadian Open



he's going to play next year and I don't know if he knows if he's going to play next year." MINNESOTA VIKINGS COACH

BRAD CHILDRESS ON OUARTERBACK BRETT FAVRE, WHO HE VISITED RECENTLY

"I don't know if



The players figured their long-awaited return to St. George's Golf and Country Club would be a painful experience. And then the RBC Canadian Open start-

Unheralded American Brent Delahoussaye led the charge on a birdie-filled Thursday, shooting a record-setting 62 to grab a two-shot lead over Vance Veazey and Brock Macken-

Some predicted 8 under would be good enough to win the tournament on a tree-lined course

Number of players who finished at par or better on the first day of the Canadian Open.

thick rough and undulating greens. It ended up being the number beside the name of the first-round leader.

"To be honest, I woke up this morning and looked at the scores and I was like, 'Wow, I did not see that many low scores out there

in the practice round," said Delahoussaye. "I am shocked. I mean, I knew I was playing well, and I didn't even really know how many under I was at one point.

"So I just kind of kept going and kept trying to make birdies.

Delahoussaye equalled the best score ever shot at golf's third oldest national championship and set a new competitive course record at St. George's.

The 28-year-old is a tour rookie whose only professional victory came at the 2006 Hooters Tour Classic. He has made just three cuts and less than \$30,000 US so far in 2010.

"I haven't played well this year," said Delahous-saye. "It's my first year out and I've been trying too hard like everyone says not to do. It just hasn't clicked. I've been getting in my

own way. "This course doesn't set up good for me so I (decided) to go out there with a good attitude and not worry about it. Look where I

THE CANADIAN PRESS

Ames, Mills are leading **Canadians**

It seems time away from the golf course has done Stephen Ames some good.

The Calgary resident fired a 3-under 67 to tie Oshawa native Jon Mills as the low Canadian Thursday at the \$5.1million US RBC Canadian Open.

The pair sit tied for 24th and are chasing littleknown Brent Delahoussaye, who opened with a course-record 8-under 62 at St. George's Golf and Country Club.

Ames, who hasn't played competitively since missing the cut at the U.S. Open in June, said the break paid some early dividends

"I'm happy with the way things have started," said Ames, who fired a bogey-free round. "I wasn't comfortable with certain things. I think that was my goal ... to try and get as comfortable as I could over the golf ball before I actually pulled the trigger, and I think I accomplished my goal.

Mike Weir of Bright's Grove, Ont., struggled to a 2-over 72. Weir, who pulled out of Wednesday's pro-am with tendinitis in his right arm, refused to blame his

play on the injury. "I don't want to use an excuse like that. Just didn't play well," said Weir. THE CANADIAN PRESS



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There has been little bickering about the building of this track in this unlikely place and not much quibbling about the investment of \$20 million in young Canadians. It's a different story than that which exists in some of the country's more populous locales.

This is all about a desire to be a part of the action and to ensure this place and these people have the same opportunities as the rest of the

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It's working. Thousands have come

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people have the

opportunities as

the rest of the

same

country."

to see the world's best track and field gods goddesses, 19 years of age and younger. The future stars have

responded in kind. Terrific performances have been turned

Jamaican sprint savant Dexter Lee and his female counterpart, 16-year-old Jodie Williams of Britain.

A Canadian long jumper, Tyler Stewart of London, Ont., has produced a bronze medal, Canada's first at this level since the 2006 championships in Beijing. With a brilliant smile, Stewart hit the perfect chord in his post-race interview.

"It's just an honour to compete in Moncton and in Canada," Stewart beamed. "This is the best place to win a medal — at home." Note that Stewart said

The opportunity that Moncton is offering to

Canadian ath-"This is all about a letes has been working magdesire to be a part ic in other of the action and countries for to ensure that this centuries. It's the chance to flourish in vour own backyard. Decathlete

Jared Heldman of Langley, B.C., scored 10 out of 10 personal

bests in the biggest competition of his life.
"I learned I love the de-

cathlon," Heldman said when it was over. "Now I want to win a gold medal at the Pan American Games.

Lamine Diack, the president of the IAAF, subscribes to what's happening here.

"Our task is to find and develop stars in every country," he said. "They will not just fall from the moon.

No they won't. They'll grow and prosper in a Maritime field of dreams.

Hornets star Paul requests trade: Source

Chris Paul has requested to be traded and the New Orleans Hornets have scheduled a meeting with the star guard Monday, according to a person familiar with the situation.

Paul will sit down with new head coach Monty Williams, new general manager Dell Demps and team president Hugh Weber in New Orleans, the person told The Associated Press Thursday. The person spoke on condition of anonymity because the team had not made plans to meet with Paul public, and because Paul has not pub-



licly demanded a trade.

The person also said Paul, through his representatives, has told the Hornets he would prefer to be dealt to one of only a handful of teams, including the New York Knicks and Orlando Magic. THE ASSOCIATED PRESS

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Crossword

Across

1 PC graphics format 4 Future tulip 8 Vagrant

12 Automaton, for short

13 Duel tool 14 Somewhere out

15 Cranium

17 Impale 18 Walked proudly 19 Dine on

21 Marry 22 Skillet

26 Wanderer 29 Actor Carrey 30 Versifier's praise

31 Panache 32 Director's cry

33 Not busy 34 The whole enchilada

35 Humorist 36 Movie with a clas-

sic pottery-making scene 37 1966 James Clavell novel

39 Swiss canton 40 Mound stat 41 Heinz heiress who wed John Kerry

45 Thought 48 Collar style

50 Harmonization 51 Divisible by two

52 Anger

53 Netting 54 Withered 55 Cornfield comment

Down

1 Undergoes a recession

3 Luminary

2 Harbor town 4 On - knee

12 13 14 17 15 16 18 19 20 22 24 25 23 26 27 28 29 32 33 34 36 35 38 39 40 41 42 43 46 48 49 50 51 52 53 54

5 Increased 6 Grazing area 7 Boon

8 Rash 9 Frequently 10 Ovine sound 11 Scepter topper

16 Hawkeye 20 Branch 23 Game played on

horseback 24 Huge fusses 25 Small salamander 26 Tidy

27 Earthenware pot 28 Bamako's country 29 Moonshine vessel 32 Hors d'oeuvres

33 Bake eggs

35 Kids' card game 36 "Bonanza" star 38 Cobbler variety

39 Say 42 Grand story 43 Actress Rue

44 From the begin ning 45 Doctrine

46 Easter purchase 47 Type measures 49 Prior night

Sudoku

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| | | | | | 2 | | | 3 |
| 1 | | | | | | 8 | | 7 |
| | 5 | | 3 | | | 2 | 9 | |
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| 5 | | 8 | | | | | | 2 |
| 2 | | | 6 | | | | | |
| | 4 | 6 | 1 | | 9 | | 3 | |

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FRIDAY

Min 11'

Max 22°

Yesterday's answer

2 3 7 4 1 8 5 9 6

SATURDAY

Min 11° Max 26°

| 1 | 0 | 0 | 6 | / | 2 | 0 | 4 | 2 |
|---|---|---|---|---|---|---|---|---|
| 4 | 5 | 6 | 2 | 7 | 9 | 0 | 4 | 2 |
| 5 | 4 | 8 | 2 | 3 | 7 | 6 | 1 | 9 |
| 6 | 2 | 1 | 9 | 8 | 5 | 4 | 3 | 7 |
| 3 | 7 | 9 | 1 | 4 | 6 | 2 | 5 | 8 |
| 9 | 8 | 3 | 5 | 6 | 1 | 7 | 2 | 4 |
| 7 | 1 | 5 | 8 | 2 | 4 | 9 | 6 | 3 |
| 4 | 6 | 2 | 7 | 9 | 3 | 1 | 8 | 5 |

SUNDAY

Min 13

Max 25°

Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

To my Kali baby ... my little pepita ... how I can ever thank you for just being here for me ... I would never had known fullness in my life without you ... you will be my naked chef forever! ALL MY LOVE, MAUREEN

HDT — you know your the girl for me! I still get butterflies thinking of you. Love you babe!

GREG "SIGNATURELESS" PARADIS

Beb. about 1 year and 2 months to go before our big day. Can't imagine doing this with anybody else; love vou. MCH

Fiorella, I can't even begin to tell you how happy you make me. I only hope the words on this page are a start. CHRISTOPHER

Happy 25th birthday baby! I can not imagine a world without you. Love always and forever. PARVEEN

Today's horoscope

T Aries March 21-April 19 You may have been a bit too generous of late and need to rein in your more extravagant tendencies, at least for a while. Will those who benefited from your largesse help you in your hour of need? Don't count on it.

¥ Taurus April 20-May 21 Feelings of self-doubt are perfectly natural, but don't let them get out of hand. The current negative phase will pass quickly and come the weekend you will be on top of the world again.

II Gemini May 22-June 21 If

there is a secret you don't want the world to know about you will have a hard time keeping it under wraps today. Maybe you should own up to

Gancer June 22-July 22

Today it might be an idea not to take too much for granted. Work plans could be subject to sudden disruptions, especially if you have trusted others to take care of the details.

Ω Leo July 23-Aug.23 Tread carefully and don't agree to anything that you are not entirely certain is safe and secure. That applies to financial matters, of course, but also to affairs of the heart.

TV Virgo Aug. 24- Sept. 22 You may feel helpless and believe that you are no longer in control of your fate but it isn't true. Whatever caused this feeling it is unlikely to last more than a few hours, so cheer up.

 ← Libra Sept. 23-Oct. 23 Don't let anyone talk you into taking on extra work today. You have

more than enough to be get-

ting on with as it is and any

more will put you under intol-

For today's crossword answers and for expanded horoscopes, go to metronews.ca

➤ Yesterday's answer

erable pressure. M Scorpio Oct. 24-Nov. 22 YOU cannot possibly keep up the pace you have been moving at these past few weeks. Your mind and your body will send you warnings that you must

not ignore. Slow down.

Nov. 23-Dec. 21 Try to see everything that happens today and over the weekend from a wider and higher perspective Little things may be annoving but don't sweat the small

り Capricorn Dec. 22-Jan. 20

If there is something you need the world to know about. speak up right away. If you leave it even a few hours longer you will lose your nerve and the opportunity will pass.

Aquarius Jan. 21-Feb. 18 Indulge yourself today if you must but don't think that you can go on spending time and money as if they will never run out. Every so often you need to rein in your enthusiasm.

H Pisces Feb. 19-March 20

Don't worry that if you don't take a risk you might miss out — worry that if you do take a risk you might make a major loss. This is not a time to be reckless.

SALLY BROMPTON

Andrew Schultz, Meteorologist "I get to spread the word

on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM



You write it!

Write a funny caption for the image to the right

and send it to plav@metronews.ca the winning caption will be published in tomorrow's Metro.





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